Tuesday, Sept. 9, 2014

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NEWS WORTH SHARING.

A SIBLING FOR THE LITTLE PRINCE

DUKE AND DUCHESS OF CAMBRIDGE ARE EXPECTING THEIR SECOND CHILD PAGE 8

Troops help rescue Kashmir flood victims

Thousands stranded after six days of torrential rain PAGE 13

No one cared who I was till I put on a mask

metroAR Transforming with Tom Hardy PAGE 16

BACK IN BUSINESS

Head chef Ryen Hodgson is back serving up eggs and much more at the Belmont Diner, which quietly reopened its doors over the weekend. The treasured Marda Loop eatery was shut for nearly a year to repair damage from a suspected electrical fire. For the story, head to Page 6. CANDICE WARD/FOR METRO

Dad's heart 'broken' as mom charged in daughter's murder

Young life lost. Body of Amber Lucius, 9, found in parked vehicle last week

Amber Lucius CONTRIBUTED

As police upgraded charges against the mother of a murdered Alberta girl Monday, the victim's father said his heart is broken and the entire community will feel the loss of his "innocent, sweet and lovely daughter."

The body of the nine-year-old Millet girl Amber Lucius was found in a parked vehicle near Sundre on Tuesday. Her mother, Laura Coward, was standing nearby.

Coward, 47, was to face charges of abducting the youngster in violation of a court order, as well as break, enter and theft, but RCMP said Monday those counts would be replaced by a first-degree murder charge.

Court documents describe a bitter divorce and ongoing custody tug-of-war between Coward and Amber's father, Duane Lucius.

On Monday, Lucius issued a statement through RCMP sharing what he enjoyed best about his little girl and requesting privacy for him and his family as they grieve.

"My heart is broken," Duane wrote. "The time I had with Amber was cut short but the time I had with her will always be the most special time of my life.

"Amber was lots of fun," Duane added. "A parent never knows when a child may be taken from them, so I urge you to make the time to have fun with your children, and never take them for granted."

Coward, meanwhile, wept as she appeared in a Didsbury courtroom via closed-circuit television Monday. She is due to next appear in court in Calgary Oct. 6.

RCMP officially learned how Amber died from the medical examiner Monday, but didn't disclose that information during a news conference.

Insp. Garrett Woolsey said his men were still in the process of interviewing Coward and other witnesses. He said RCMP first learned of the situation late Sept. 1 and it's believed Amber died the same day her body was found.

"Homicide investigations involving children are the worst of crimes," Woolsey said. "Children are true innocents."

JEREMY NOLAIS/METRO
WITH FILES FROM THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
NEW PUBLIC ART
Under the Helmet, a large aluminum sculpture of a firefighter's helmet, will be installed this week at the Windsor Park Fire Station 11, 5536 4th St. SW.

2
DEBATAINMENT
Derek Fildebrandt of the Canadian Taxpayers Federation and Alberta Liberal leader Raj Sherman will debate one-on-one Wednesday to pick apart Alberta's wasteful spending.

3
AN APPLE 6 A DAY
Apple is expected to unveil two versions of the latest incarnation of its smartphone today: one with a pretty big screen and one with a really big screen.

4
MAGNOTTA TRIAL
Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, over the infamous 2012 body-parts case.

5
FOR THE LITTLE ROLLING STONES
Rocker Keith Richards' first children's book, Gus & Me, about his granddad, is out today.

1 NEWS

Premier-to-be

Prentice plans quick transition

Incoming Alberta premier Jim Prentice says he hopes to be sworn in and have a new, slimmed-down cabinet in place in about a week.

Prentice also says he is looking for a legislative reset on his caucus, starting with a possible throne speech in the fall and non-elected appointees to cabinet.

"I'm hopeful that the swearing-in would happen very quickly, potentially next Monday, but those decisions haven't been finalized yet," Prentice said Monday at Government House prior to a meeting with current Premier Dave Hancock.

The former Calgary Conservative MP also said he has not decided where he will run in a byelection to gain a seat in the house. The transition to the premier's office takes priority for now, he said.

The only seat that is open belongs to former premier Alison Redford, who resigned as member of the legislature for Calgary-Elbow last month. PC backbencher Neil Brown has offered his seat in Calgary-Mackay-Nose Hill.

THE CANADIAN PRESS

Well-known BASE jumper missing near Mt. Rundle

Ralph Greenaway.
Search efforts continue but they have been hindered by snowfall

ROBSON FLETCHER
robson.fletcher@metronews.ca

Banff RCMP put out a missing-person alert Monday for a well-known member of the international BASE-jumping community who was last heard from in the vicinity of the park's iconic Mount Rundle more than a week ago.

Ralph Greenaway, 40, is believed to have headed to the area alone and last exchanged electronic communication with friends on Aug. 31. They reported him missing to RCMP on Sept. 2, according to Sgt. Stan Andronyk.

Greenaway's vehicle was located near Mount Rundle. Parks Canada performed a ground and air search, with support from local volunteer search-and-rescue teams, but so far Greenaway has not been found.

RCMP·GRC
MISSING | DISPARU
Ralph Greenaway
Gender: Male
Age: 40
Height: 6' 1"
Weight: 187 lbs
Sexe : Homme
Âge : 40 ans
Hauteur : 6 pieds 1 pouces
Poids : 187 livres
Ralph is believed to be hiking in the Mount Rundle area where his vehicle has been located.
Ralph pourrait être en randonnée pédestre dans le secteur du mont Rundle, où son véhicule a été retrouvé.
Please contact the Banff RCMP Detachment at 403-763-6600
Appelez le détachement de la GRC de Banff au 403-763-6600
or /ou
CRIME STOPPERS 1-800-222-TIPS
www.tipsubmit.ca
Canada

Banff RCMP circulated this missing-person poster for Ralph Greenaway on Monday. CONTRIBUTED

Andronyk said Mount Rundle has been the site of BASE jumps in the past and police believe Greenaway, described by friends as an "avid outdoors person," may have been participating in the activity, which involves leaping from heights wearing a parachute or wingsuit.

"He is known for BASE jumping, so that's a definite possibility that he went up and did that," Andornyk said. "The search now is being conducted all around the mountain — the trail up and any possible routes if he would have tried to jump down."

Greenaway was with Dr. David Stather, a Calgary physician who died in January while BASE jumping in Arizona, and wrote a widely quoted online post about that accident.

"Dave's death will be a loss to everyone who knew him and everyone who now won't get the chance to meet him," Greenaway wrote. "Fly free Dave, forever free."

Know something?

Anyone with information that may help locate Greenaway is asked to contact the Banff RCMP at 403-763-6600.

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Transit. 'Connect' system to start testing on Tuesday

Calgary Transit plans to start testing its long-awaited electronic fare payment system on Tuesday.

The rollout of a card-based, tap-and-go system, known as Connect, was initially set for the middle of 2012 but the city cancelled its contract with technology supplier Telvent in November of that year due to repeated failures during trial runs.

The same company, under new management, was rehired in late 2013.

Testing of the new system is set to last for about three months, according to Calgary Transit. METRO

A Connect Card reader METRO FILE

Cat mutilated. RCMP seeking tips from public

Police in Turner Valley are seeking help from the public after a "concerning" incident involving a mutilated cat.

The dead animal appeared deliberately disfigured and placed in a resident's back yard, said RCMP Const. Jeff Mahar.

A neighbour came across the grisly sight and called the Mounties.

Mahar said there's no clear line on a suspect or motive at this point and police are looking for tips.

"We're still trying to piece things together and we're hoping that somebody in the community may come forward with information that will help," he said.

Mahar described the incident as "isolated" but nevertheless "concerning to police and the community as a whole."

Anyone with any information is asked to call Turner Valley RCMP at 403-933-4262 or submit a tip anonymously via CrimeStoppers. METRO

Two bouncers should be charged, expert says

Jamesons Irish Pub.
Questions raised about training for door staff after bouncers were seen punching patron

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Two bouncers seen punching a patron repeatedly out front of a Calgary pub a week ago should be charged with assault even if they were provoked or attacked by the man, says a security expert.

David Hyde, a Toronto-based security expert with a quarter-century of experience and Masters degree in the field, said he's reviewed footage caught late Aug. 31 out front of Jamesons Irish Pub.

In the video captured by passersby, patron James Clement is seen being hauled to the ground and then punched repeatedly in the face. His head can be heard bouncing off the sidewalk.

Jamesons' management has maintained that Clement "sucker-punched" one of the bouncers twice and uttered threats against the establishment.

But Hyde said even with those actions he "simply can't imagine a scenario" that would excuse the force used by the bouncers once Clement was on the ground.

"They should be charging these two individuals (the bouncers) with assault. And then these individuals with their manager, and the other people in the bar, who seem to believe that's a reasonable course of action to take against a drunk, aggressive patron, they can answer to that in a court of law," said Hyde, who previously worked in Calgary.

Police have said they're investigating and have acquired CCTV footage from inside Jamesons. In an interview Sunday, Clement conceded he punched a bouncer but said it occurred out front of the bar and after, he said, he'd been eyed by the man periodically throughout the night.

Clement also claimed Sunday he hadn't been contacted by police.

James Clement is seen Sunday, one week after he was punched repeatedly in the face by two bouncers from Jamesons Irish Pub. METRO FILE

Dennis Rovere, a court-qualified expert related to liquor liability and physical intervention, said he also judged the force used by Jamesons' staff to be "excessive."

He said, unlike the use-of-force training that police undergo, there are few requirements for those applying for a doorman post and staff turnover is high. "A lot of guys are maybe university students who need extra money," he said. "You're looking at a completely different level of expertise or lack thereof — that's one of the problems."

Calgary Zoo

Prehistoric Park to get a facelift

The Calgary Zoo's own little land before time needs a bit of a facelift.

The zoo officially closed its Prehistoric Park Monday for what's expected to be two months of renovations.

The main attractions themselves, the massive model dinosaurs, are due for some paint touchups, and the park's pathways are due for paving and widening in some areas, said spokesperson Trish Exton-Parder.

A dinosaur model at the Prehistoric Park COURTESY THE CALGARY ZOO

The area lagoon is also due for upgrades and the amphitheatre needs some repairs too, she said.

"Everybody has their loves down here and the Prehistoric Park is one for a lot of people ... it's the time of year where there's not huge visitation through that area," Exton-Parder said. "It gives us time to ... get that fixed up."

The zoo's long-term master plan does call for the eventual removal of the park altogether to make room for more live-animal exhibits, but Exton-Parder said "that's not going to happen tomorrow."

In the meantime, it's important to keep it in tip-top shape for dinosaur fans young and old, she said.

"That's the challenge with a non-profit (organization), you're always trying to catch up with keeping up with older facilities and opening new ones," she said. "Sometimes things can be left and you just go, 'No, you know what? It needs to get a bit of an uplift because people do still love it." JEREMY NOLAIS/METRO

‘Massive change’ as two CBE execs leave

Shakeup. Only three of eight current members were with organization prior to 2013

One senior executive has left and another plans to follow suit in what is just the latest shakeup at the top for the Calgary Board of Education.

The board confirmed in an email Monday that Dennis Parsons, formerly superintendent of learning services, left the organization in late August. Cathy Faber, superintendent of learning innovation, also made plans known last week that she will retire at the end of March.

Both Parsons and Faber had been at the forefront of a curriculum-prototyping initiative that sets early groundwork for envisioning the Alberta student of tomorrow.

The CBE’s team devoted to the task is due to report back to the provincial government in January and the board said that work “will be completed in accordance with our contract with Alberta Education.”

Quoted

“The timelines were unclear ... I’ve seen a moving target as to when changes would occur.”

Frank Bruseker, head of the Alberta Teachers’ Federation on the curriculum redesign

But Frank Bruseker, head of the Alberta Teachers’ Association, said both the redesign as a whole and the CBE’s specific role has been “awfully fuzzy.”

Within the CBE, Bruseker also noted that Parsons’ departure was just the latest development in what he described as a “massive change” among the board’s senior ranks.

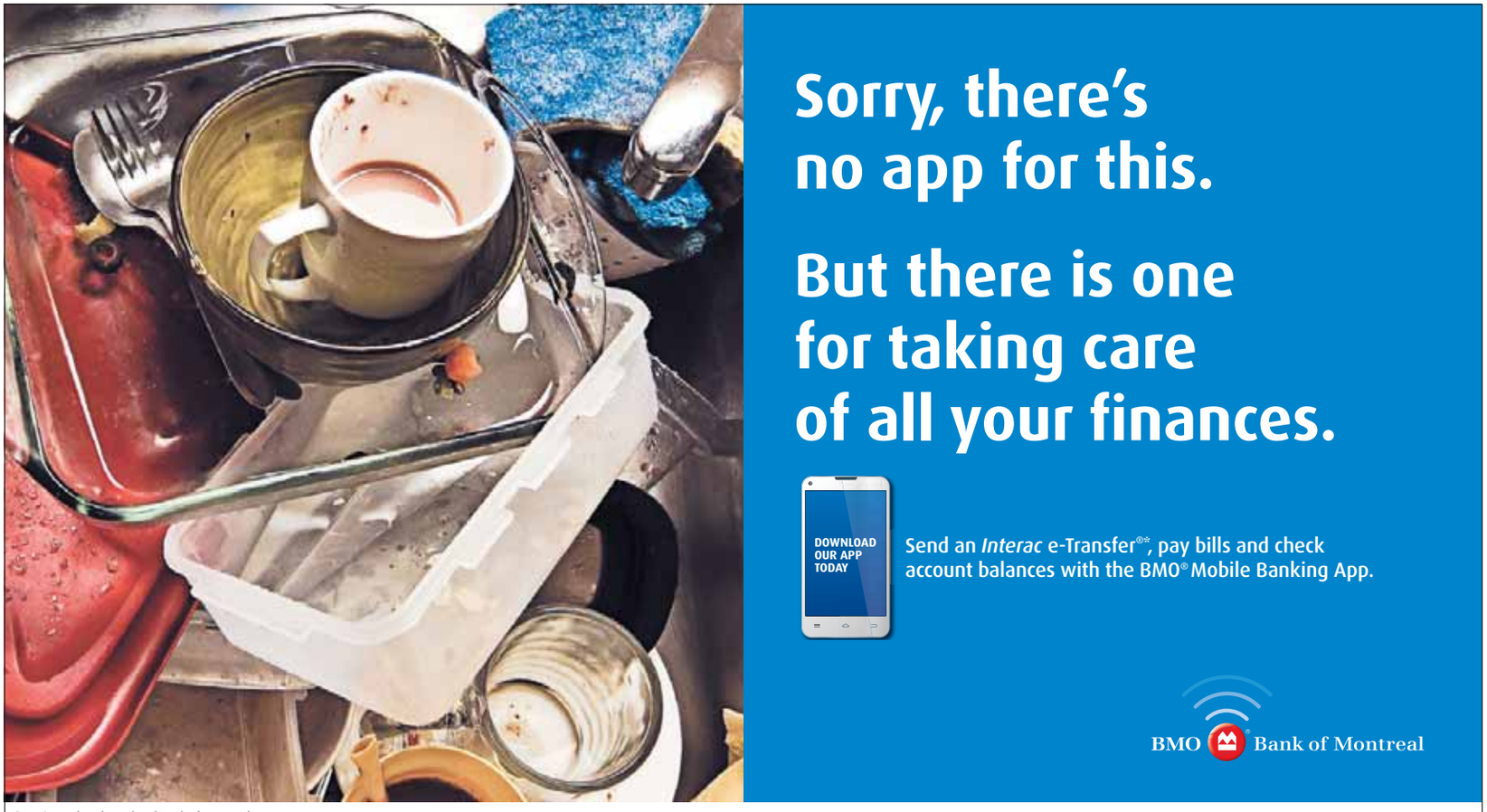
The CBE currently maintains a senior team of eight members, yet only three current members were with the organization prior to 2013.

Former chief Supt. Naomi Johnson retired in April and was replaced by deputy David Stevenson, who then named area director Susan Church as the replacement for his position.

Cheryl Oishi, the superintendent of human resources, and Brad Grundy, the superintendent of finance, both joined the senior team last year, as did Bill Brunton, who returned to the organization to serve as chief communications officer.

The senior team is rounded out by General Counsel Greg Francis and superintendent of facilities and environmental services, Frank Coppinger.

JEREMY NOLAIS/METRO



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Should information requests cost more?

City employees are spending too much time processing freedom of information requests, according to a Calgary councillor who wants the province to raise the price of seeking documents from city hall.

“I’m concerned that our staff is wasting a lot of time,” Coun. Ray Jones said Monday. Jones said some of the requests are “frivolous” and the province should raise fees in order to “recover” more of the processing costs.

The provincial government requires most public bodies, including municipalities, to respond to requests from the public for internal documents and other information under the Freedom of Information and Protection of Privacy (FOIP) Act.

It costs $25 to file a request but additional charges can also be levied for photocopying and staff time beyond a certain threshold.

But the idea of increasing fees didn’t sit well with Derek Fildebrandt of the Canadian Taxpayers Federation, who routinely files FOIP requests to numerous public bodies.

Quoted

“We (could) save a lot of time on the part of citizens and money on the part of government if we had more open data.”

Derek Fildebrandt, Canadian Taxpayers Federation

“It’s an idea about as dumb as a bag of hammers,” Fildebrand said. “It’s a transparent attempt to stifle transparency.”

While it costs money to process FOIP requests, Fildebrandt said it saves taxpayers money in the long run by holding government officials to account for how they spend public dollars.

Mayor Naheed Nenshi noted the volume of requests often requires employees to work overtime.

“My staff had to spend the entire weekend on one this past weekend,” he said.

ROBSON FLETCHER/METRO

Engine failure

Plane makes emergency landing on highway

Engine failure during a flight to British Columbia from the Calgary region forced an experienced pilot to bring his single-engine plane down on a highway in Alberta’s Kananaskis Country.

RCMP say officers were called Sunday afternoon after getting a mayday call from a pilot flying over the mountainous and heavily treed region in southwestern Alberta.

Soon after, they learned the engine had failed but the pilot had managed to land safely on Highway 40.

The pilot, who was the lone occupant of the plane, was not hurt and the aircraft was not damaged.

The plane was flying from the Springbank airport just west of Calgary to Sparwood in southeastern B.C. THE CANADIAN PRESS

Laurie Villeneuve and son Kevin are co-owners of Marda Loop's Belmont Diner, which reopened for business over the weekend. CANDICE WARD/FOR METRO

Treasured Marda Loop diner reopens doors nearly a year after fire

'Old-timey diner feeling.' Customers flock back to Belmont Diner

JEREMY NOLAIS
jeremy.nolais@metronews.ca

For weeks Laurie Villeneuve watched as cars passed out front of Belmont Diner, craning their necks to see it had reopened for business.

It was early last October when a fire ripped through the 14-year-old Marda Loop eatery, known for its fresh ingredients, intimate atmosphere and, naturally, long lineups of hungry patrons on the weekend.

Villeneuve quietly relaunched over the weekend, but it wasn't long before a flood of customers arrived.

"They see the open sign, they're coming," said Villeneuve, who co-owns Belmont with son Kevin. "They were braking when they saw the light on. We almost had traffic accidents out front. They were zipping in the back parking lot."

Fire investigators left the cause of the blaze undetermined, Villeneuve said, adding that an electrical fire is the only thing that makes sense. Some of the diner's storied Honduran wood furniture, which dates back to the mid-20th century, was spared from fire damage but much of the diner needed a complete rebuild.

The differences between the Belmont of old and its refurbished version were hardly noticeable to a customer of three years, Danelle Wettstein, who stopped by for breakfast on Monday.

"Some of the tables have changed slightly, but I would say there's still the same amount of seating, so there's still the same feel in there," she said. "It's got this old-timey diner feeling. Especially during the summer, it's kind of nice to have the line out front there and strangers talking to each other in line."

They're back!

"It's a commitment to the people that we knew loved us."

Laurie Villeneuve, co-owner of Belmont Diner

Villeneuve said seeing the customers flock back to Belmont filled her with a "real sense of joy." Despite struggles with finding contractors, she said, she always remained confident the eatery would reopen.

"It's a commitment to the people that we knew loved us," she said. "It was this feeling of loss for so many … it was really sharing a grief, so there was just no way that you couldn't come back and do it again."

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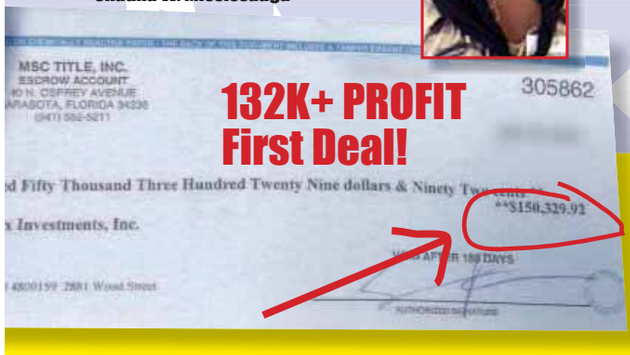

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Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Britain's Prince William and Kate Duchess of Cambridge and the Prince during a visit to the Sensational Butterflies exhibition at the Natural History Museum, London. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl, will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. THE ASSOCIATED PRESS

Ukraine. Poroshenko gives speech of strength in southeast coastal town

Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats, in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue and yellow colours after leading the room in singing the national anthem. But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

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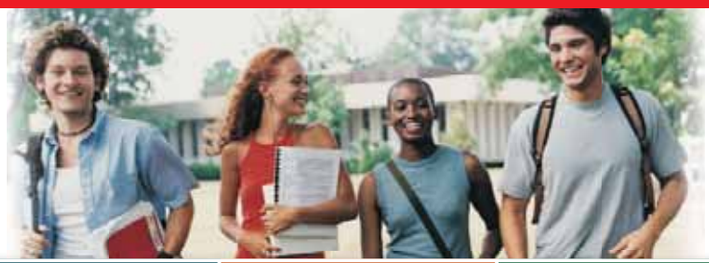
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World Vision sponsorship changes a life

World Vision

Teen fulfills dream of becoming an artist

CONTRIBUTED PHOTOS

Manuel Mendoza scoots along a ramp in his family's home. The 18-year-old has a congenital birth defect that causes him to have very limited use of his arms and legs. Manuel lives near picturesque Lake Atitlan in Guatemala. Families here make a living through fishing, farming, or the tourism industry. As a child, Manuel's parents struggled to provide for their five kids, and support their son's special needs.

But about 10 years ago, Manuel's life changed when he became sponsored through World Vision. Manuel's sponsor saw beyond his disability, to a child filled with potential.

Through the sponsorship program, Manuel received physical therapy, medication for seizures, and a wheelchair.

"Before, I felt like I was an outcast and I didn't belong to my community," he says. "Having a wheelchair meant a life change for me."

Sponsorship has brought Manuel a sense of hope. "I feel encouraged. I want to thank God because I have support to move on."

Now he is pursuing a new dream — of painting.

He demonstrates gripping the pencil in his mouth. The drawing springs to life with his careful strokes. With practice, Manuel has mastered oil painting — his supplies purchased by World Vision staff, as a gift from his sponsor.

He regularly sells paintings in his village, but has also sold them as far away as the United States, London, and Italy.

Manuel hopes to become a counsellor and plans to encourage his future patients through art therapy. He wants to offer the encouragement to others that his family, his sponsor, and World Vision have provided him. And he hopes that someday people will look at him and see only the gifted young man. "I want to tell them that I am worthy, not for my disability, but for my ability."

To sponsor a child, visit worldvision.ca or call 1-866-619-2224.

Obama prepares game plan to defeat ISIS

Looking for support. Officials say president's strategy will include military, political and diplomatic efforts

U.S. President Barack Obama will outline plans this week for an expanded U.S. campaign to defeat violent Islamic State of Iraq and al-Sham (ISIS) militants in Iraq and Syria, a strategy that will also involve co-operation from allies in Europe, the Middle East and elsewhere.

Obama will launch an aggressive effort to build support for his strategy with Congress and with the American public. He'll meet with congressional leaders Tuesday, then deliver a speech detailing his strategy on Wednesday.

The president's address will come on the eve of the 13th anniversary of the Sept. 11, 2001 terror attacks. While U.S. officials say they do not believe ISIS currently has the capacity to carry out that type of attack, the Obama administration sees an urgent need to stop the militants from gaining that ability.

The U.S. is already launching airstrikes against ISIS targets in Iraq and Obama has been considering expanding that effort into Syria, where the militants have a safe haven. The president is also pressing Iraq's government to fulfil pledges to form a more inclusive government. And he wants Arab nations, particularly Sunni-majority states, to join the West in efforts to confront ISIS.

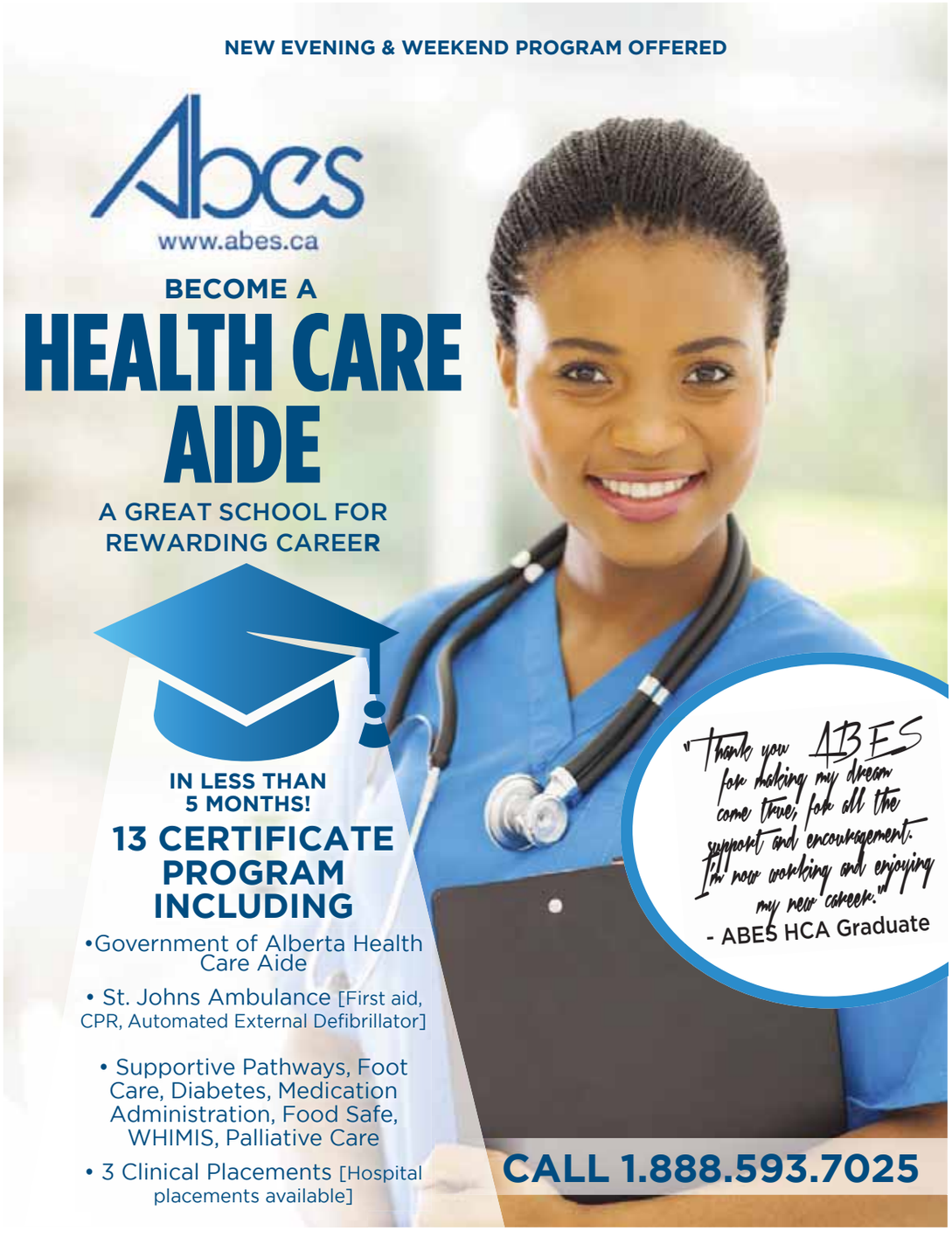
But Obama has ruled out putting U.S. military personnel on the ground in a combat role. Officials say he instead sees U.S. air power as a way to give cover to Iraqi forces and possibly Western-backed rebels in Syria and help them take on the militants.

THE ASSOCIATED PRESS

Quoted

"This is not going to be an announcement about U.S. ground troops."

U.S. President Barack Obama in an appearance on Meet the Press.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Race to save Great Barrier Reef

North Queensland Bulk Ports Corp., which is expanding the Abbot Point coal port, has permission to dump dredged sediment in the Great Barrier Reef Marine Park (pictured above). On Monday, Australia's Queensland state approved a more environmentally friendly alternative: Reuse about three million cubic metres of seabed mud by dumping on land instead. QUEENSLAND TOURISM/THE ASSOCIATED PRESS FILE

Gay marriage bans

Three states get their day in court

The U.S. federal appeals court in San Francisco is hearing arguments on gay marriage bans in Idaho, Nevada and Hawaii in a political and legal climate that's vastly different than when it overturned Proposition 8 in 2012 and declared California's gay marriage ban unconstitutional.

Nineteen states and Washington, D.C., now allow gay marriages.

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Feds make recognition of foreign credentials top priority for fall

Foreign workers. Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned researchers there are huge obstacles that prevent them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems.

They said they suspected that Canadian experience requirements were "a coded way for employers to favour the Canadian-born," the report said. They also pointed to a lack of Canadian connections or networks and "difficulty in general social interactions due to language and cultural differences."

Altogether it was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled immigrants had trouble finding work. He added that the Tories plan to unveil initiatives soon aimed at tackling the problems.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electricians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to foreign-trained professionals to help them pay to have their credentials recognized in Canada through further training.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

"From the participants' perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better," the report said.

THE CANADIAN PRESS

Chinese workers

Chinese workers said they feel their training is of limited use in Canada.

- **Varied standards.** Many Chinese participants felt everything related to their field in China was radically different and could not be applied to a Canadian job. The study noted differences in the worth of law degrees.

Norbert remnants helps break Phoenix rainfall record

Floodwaters surge Monday in Scottsdale, Ariz. The remnants of Hurricane Norbert pushed into the desert Southwest and swamped Arizona Monday, breaking the previous record for rainfall in a single day in Phoenix. RICK SCUTERI/THE ASSOCIATED PRESS

Kananaskis Country

Hunter found dead, Mounties say he was likely mauled by bear

Royal Canadian Mounted Police say a hunter, who went missing in Kananaskis Country in southern Alberta, has been found dead.

The Mounties say that Rick Cross appears to have been fatally mauled by a bear.

The 54-year-old man from Calgary had been reported missing by his family.

He did not return from a sheep hunting trip near Picklejar Lakes on the weekend.

Wildlife officers put up bear warnings in the Kananaskis region on Monday.

CFFR/CTV CALGARY/THE CANADIAN PRESS

Union demands

B.C. teachers' federation may vote to end strike

The B.C. Teachers' Federation will conduct a province-wide vote on Wednesday, asking members if they're prepared to end the strike if the government agrees to drop a contract clause over class size and composition and to binding arbitration.

Over the weekend Education Minister Peter Fassbender rejected the idea of arbitration, but federation president Jim Iker said he is giving the government another opportunity to agree to the union's proposal.

B.C. Minister of Finance Mike De Jong said if the province accepted the union's demands, it would cost every property owner an extra $200 a year.

THE CANADIAN PRESS

Nanisivik. Amid high costs, government ditched plans for base: Document

The Defence Department balked after the cost of a long-delayed docking and refuelling station in the Arctic ballooned to more than twice its original estimate, a newly released document shows.

The soaring price tag is the reason the federal government decided to scale back its original plans for the Nanisivik naval base, at the eastern entrance to the Northwest Passage.

A December 2013 briefing note to Defence Minister Rob Nicholson says the Royal Canadian Navy in 2010 approved a $258-million plan to build the base. That was a huge jump from an estimate of $100 million made in 2007, when Prime Minister Stephen Harper made his "use it or lose it" speech about the Arctic.

The new cost proved too steep for the department, forcing the Defence Department to abandon its original plans for new office, workshop and accommodation buildings, a landing strip, and a full-time year-round staff of 15 people.

Canada's defence budget has faced cuts in recent years as the government looks to balance the budget by 2015.

THE CANADIAN PRESS

Arctic sovereignty

Russia has also actively been expanding its military presence in the Arctic.

- **Soviet bases.** Russia has re-invested in Soviet-era military bases abandoned after the Cold War.
- **Mobilized.** The Russian government has also deployed nuclear subs and icebreaker patrols.

Discrimination. Ottawa firm rapped for saying it 'only hires white men'

Ontario's Human Rights Tribunal ruled an Ottawa-area company discriminated against a foreign-born applicant by telling him it "only hires white men."

The tribunal ordered Ottawa Valley Cleaning and Restoration to pay $8,000 to Malek Bouraoui, who was denied a job last year. Bouraoui said after applying for a job, he received a call from a man named Jesse, who asked what country he was from and whether he was white or black. He later received text messages from Jesse, saying he didn't hire foreigners to keep "the white man working."

The tribunal ruled that the contents of the text messages were not only discriminatory but "egregious and abusive in nature." THE CANADIAN PRESS

Climate change. It's the issue that cannot be named in many U.S. cities

Climate change remains a political minefield across the U.S., despite the strong scientific consensus that it's happening. So some local leaders have hit upon a way of preparing for the consequences without triggering partisan warfare: Just call it something else.

In many communities, they're planning for the volatile weather linked to rising temperatures by speaking of "sustainability" or "resilience," while avoiding no-win arguments with skeptics over whether the planet is warming or that human activity is responsible.

Cities and towns are shoring up dams and dikes, using roof gardens to absorb rainwater or upgrading sewage treatment plans to prevent overflows. Others are planting urban forests and helping farmers deal with an onslaught of new crop pests.

The pattern illustrates a growing disconnect between the debate still raging in politics and the reality on the ground. In many city planning departments, it has become the issue that cannot be named. THE ASSOCIATED PRESS

Chile

Seven injured in subway explosion

A bomb exploded in a Santiago, Chile, subway station on Monday, injuring at least seven people.

It was the most damaging in a string of bombs planted around the capital this year.

The injuries apparently were caused by fragments in a fire extinguisher placed in a trash bin by a food stall at the Escuela Militar subway stop.

Some anarchist groups have claimed responsibility for earlier blasts, demanding freedom for two imprisoned anarchists. THE ASSOCIATED PRESS

Troops help rescue people stranded by Kashmir floods

Pakistani army soldiers help rescue villagers in Pindi Bhatian, 105 kilometres northeast of Lahore, Pakistan, Monday. K.M. CHAUDARY/THE ASSOCIATED PRESS

Worst in five decades. More than 120 people have died in India and 205 in Pakistan

Rescue workers in boats and helicopters worked to save thousands of people trapped in homes and on rooftops Monday after floods and landslides killed more than 320 people in the Himalayan region of Kashmir and eastern Pakistan.

Six days of torrential rains have soaked both sides of the divided territory of Kashmir, which India and Pakistan each claim.

The countries' leaders kept tensions low in the wake of the floods. On Sunday, Indian Prime Minister Narendra Modi sent a letter to his Pakistani counterpart, Nawaz Sharif, offering India's help in relief efforts to the Pakistan-controlled portion of Kashmir. Sharif issued a statement of his own, saying Pakistan is "ready to help in whatever way possible" in Indian-controlled Kashmir.

But given military tensions, it is unlikely either side will take up the offers.

Although the rain has stopped, thousands of people were in peril in both countries. In the Indian-controlled portion of Kashmir, which suffered its worst flooding in five decades, the force of the water snapped electric pylons and disrupted mobile telephone and landline networks, leaving many in the dark with no means of communication. THE ASSOCIATED PRESS

Quoted

"We had been on the roof (of a mosque) for two days until the helicopter rescued us."

Farmer Abid Hussain, who was among those rescued in the Bagh Unna area

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Republican support for the Yes vote in the Scottish referendum appears on a mountain in West Belfast, Northern Ireland, on Monday. THE ASSOCIATED PRESS

Yes? Scottish independence vote sends pound to new low

The British pound slid to a 10-month low against the dollar Monday and shares in Scotland-based companies fell after opinion polls suggested the campaign for Scottish independence could be edging toward victory.

A Yes vote in next week's referendum would end Scotland's 307-year-old union with England and plunge Britain into uncharted constitutional and economic waters.

For months, polls have put the anti-independence side ahead, but the gap has narrowed ahead of the Sept. 18 vote. One poll released Sunday put the pro-independence forces in the lead while other polls give the advantage to the No side — and the sense that the race is too close to call jolted financial markets.

THE ASSOCIATED PRESS

#1 Welcome to Coshocton, OH.
Home To waste Injection Wells (You Just passed them)
They pump POISONED WATERS
under the feet of America's Citizens
#2 It's All About The Water.
Shale Oil Development & Injection Wells?
Think About This, DEATH May Come.
Water Sustains Life, Not Gas & Oil
Info provided by Mike Boals

Anti-fracking billboards' lease cut short

A billboard opposing deep-injection wells is seen in Coshocton, Ohio, in August. Michael Boals, an Ohio man who used a biblical reference and a statement against "poisoned waters" on the billboards near two wells for disposal of gas-drilling wastewater, says the messages are coming down. Boals told The Associated Press the billboards' owners were set to end his lease agreement Tuesday. He said a July lawsuit contending the signs contain false and defamatory attacks prompted them to end his three-month verbal agreement after two months. ROBERT A. FRANCO/THE ASSOCIATED PRESS FILE

Follow the money ...

Twitter tests 'buy' button

Twitter is testing a way to let users go shopping or make charitable contributions between tweets.

A small percentage of users were set to receive tweets from Twitter test partners Monday featuring a "buy" button that let them make purchases or donate money.

Initial partners include bands, retailers and non-profits. THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.13¢ (-0.77¢)

TSX 15,509.39 (-60.53)

OIL $92.66 US (-$0.63)

GOLD $1,254.30 US (-$13.00)

Natural gas: $3.88 US (+$0.10)
Dow Jones: 17,111.42 (-25.94)

What's the vision for television?

'Let's Talk TV.' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Pick-and-pay TV

The CRTC opened the hearings, dubbed Let's Talk TV, with the aim of developing new regulations to tackle the dramatic, technology-driven changes that have taken place in the television industry.

- The big cable companies are feeling the effects of the changes, particularly with a desire voiced by the federal government to move to a so-called pick-and-pay system that would require an unbundling of TV channel choices.
- In its submission at the hearing Monday, the Competition Bureau said it supported pick-and-pay, but could not say whether consumers would benefit.

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's television programming system.

The CBC, as one example, argues that the CRTC should require unlicensed content providers and distributors with more than $25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation.

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DON'T LIKE IT? DON'T EAT IT

SHE SAYS

Jessica Napier
metronews.ca

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their prerogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a chef's best interest.

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping $23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!

An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.
C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. THE ASSOCIATED PRESS

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves

ANDREW FIFIELD
andrew.fifield@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)

Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgiebottom

@MarkusLkraM: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames .

metro AR SEE THE NEWS COME ALIVE

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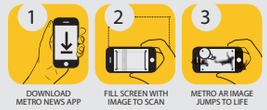

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SCENE 2

Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

metro AR Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, The Drop, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.
CONTRIBUTED

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like Lawless or simply mechanized by a creepy mask as Bane in The Dark Knight Rises, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama The Drop, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters. "I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role. "He made me laugh a lot," recalled the actor. "You have particular people (that) are very talented and very beautiful and very sensitive and vulnerable and committed to the work."

DVD review

Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye. Subtitled The Winter Soldier, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Watergate-meets-9/11 paranoia from influences like The Parallax View and Three Days of the Condor, the latter especially so thanks to the forceful and nuanced presence of Robert Redford. Chris Evans impressively updates the character (if not the costume) of Captain America. Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley, you know how to make an entrance

NED EHRBAR
Metro in Hollywood

Oh, Miley. In response to the usual calls of "Who are you wearing?" during Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?

Justin Bieber GETTY IMAGES

Bieber assault charge withdrawn

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS

How I wed my partner: Harris gets hitched

Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/ THE ASSOCIATED PRESS

Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

The How I Met Your Mother star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

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LIFE 3

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

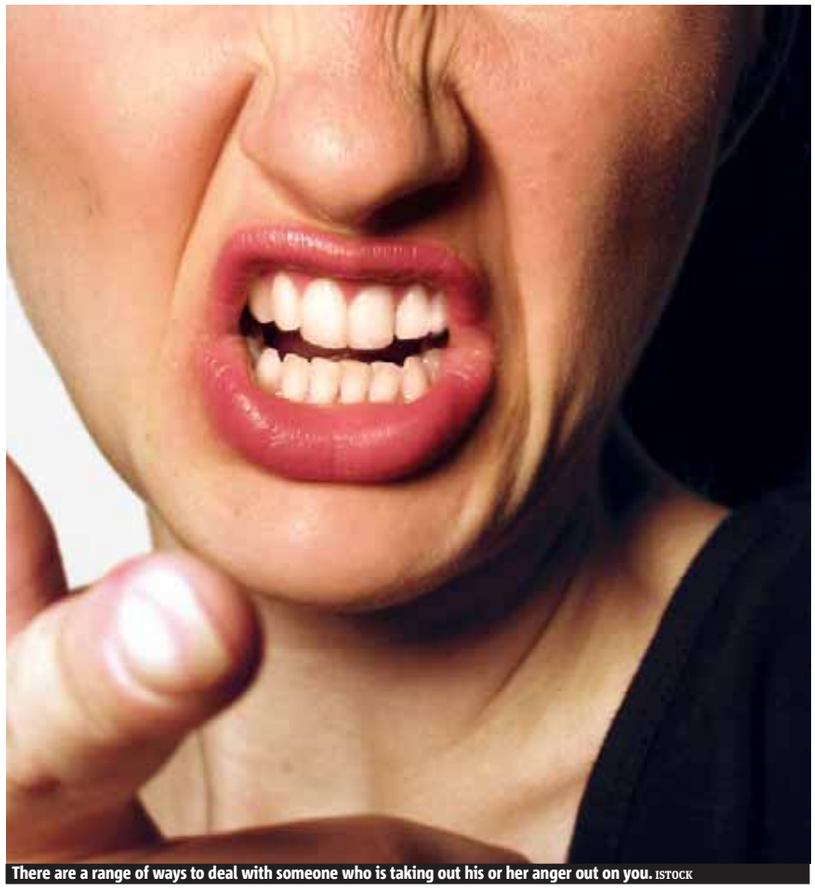
In this situation, maintaining good personal boundaries — "It's not me, it's them" — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour, who apologized the next day.

Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some deep breaths, then try one of the tactics listed to the left.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.



There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** "I see that you're angry. What would help you feel better?"
- **Take the high road.** "I can't receive any constructive feedback when you're personally attacking me."
- **Insist on a halt.** "That's enough! We'll talk when you've calmed down."
- **Detoxify with an apology.** "I'm sorry. I didn't mean to hurt you. What upset you about my actions?"
- **Point out the futility.** "We're getting agitated and going nowhere. Let's back up and start this discussion again."
- **Diffuse the anger with validation.** "What you are saying makes sense. I agree that, etc."

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These routines foster happiness and health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Research shows routines, such as family dinners, can make you happier. ISTOCK

Have dinner as a family. Parents know that dinner time isn't just about eating; it's about connecting and communicating. Research has found that teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."

Schedule healthy habits. If you need to get up at 5:30 a.m. in order to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, fill the coffee maker and set it to start automatically. Pick out your work clothes, and put your gym clothes and running shoes beside your bed. A bit of planning makes it easy to stick to a routine. **FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

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Healthy ingredient swaps to make your meals better

Chef Phoebe Lapine shares four easy ingredients to work into your next dish for a more flavourful and nutritious meal

EVA KIS
life@metronews.ca

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for The Vampire Diaries.

But what you put into those dishes can make all the difference.

"Ideally, you'd get everything from your diet," says Mustafa Hashimi of the Vitamin Shoppe. "But even though we make our best efforts to eat a balanced diet — organic, whole food-based — you're still gonna come across some sort of nutrient deficiency."

So what if you could make the things you're already cooking better for you? We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a more nutritious meal.

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for a healthy digestive tract, and you don't need much: about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavour for a cold soup like cucumber vichyssoise or a white gazpacho," says Lapine. If you absolutely can't get over the taste, blend a spoonful into your smoothie.

Liquid aminos

Derived from soybeans, it tastes like soy sauce, although it's lighter in colour and more subtle in flavour.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Skip the soy sauce or tamari in any recipe for liquid aminos, a gluten-free alternative that's lower in sodium and doesn't require any special handling. "It's a great, nutritious substitute for regular table salt," Lapine says.

Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefits: They're rich in protein, essential fatty acids, fibre and antioxidants.

Swap: Use them instead of pricey pine nuts in pesto. The mild flavour makes them an easy way to boost the protein content of a dish. "I love them sprinkled on top of salads, mixed into my smoothies or finishing a cooked dish with some as garnish," Lapine says.

Apple cider vinegar

Bragg's version is made with organic apples — unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties. "It also adds a nice punch to rich savory stews that need a little acidity — just add a tablespoon while simmering."

Celebs share thoughts on suicide, depression

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through their darkest moments went on to share their stories of what drove them to the brink, and how they pulled themselves back.

British comedian Stephen Fry tried to kill himself in 2012. In 2013, he wrote a deeply personal blog about one of the essential contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

In response, Alastair Campbell, the former spokesman for British Prime Minister Tony Blair, wrote that mental illness would get more clout if it were treated like any other illness.

"Stephen Fry is often called a national treasure. He is clever, witty, hugely successful, massively popular. So 'what the f— does he have to be depressed about?' Nothing. It just f—ing is ... We are a long way from the goal of parity of understanding and treatment of physical and mental health. You would never say, 'What does he have to be cancerous about, diabetic about, asthmatic about?'"

During the lowest point in his career, comedian Louis C.K. says he wanted to give up, but couldn't. GETTY IMAGES

Robin Williams, who often spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated Press how comedy helps him deal with the difficulties of life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

Not all depression leads to suicide attempts. In an interview with GQ magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here.

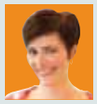
"In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

J.K. Rowling was suicidal

Surviving with depression doesn't have to be shameful. It can be a badge of courage. Harry Potter author J.K. Rowling suffered through suicidal thoughts following her separation from her husband and before writing the books that would make her famous. In 2008, she told a student magazine at Edinburgh University: "I have never been remotely ashamed of having been depressed. Never. What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore. Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber
- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT
myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten.

This recipe serves four. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

SPORTS 4

Cilic returns to win the U.S. Open title

Lopsided. Croat takes less than two hours to overpower Nishikori in straight sets

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a cheque for $3 million US.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a matchup between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."

Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury.

That trio had won 34 of the past 38 major titles, but this was the second of this season that eluded them.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

THE ASSOCIATED PRESS

metro AR Marin Cilic of Croatia reacts after defeating Kei Nishikori of Japan to win the U.S. Open men's singles championship on Monday in New York. Cilic defeated Nishikori by a score of 6-3, 6-3, 6-3. Use the Metro News app to scan the image above and see a gallery of the match. ELSA/GETTY IMAGES

Eyeing the Open-era record

Serena on 18 majors and counting

Serena Williams is building a new house, complete with a karaoke room and a purse room for her "bag problem."

Serena joked Monday that she was contemplating scaling down the plans until she won a record $4-million prize at the U.S. Open.

She's going for a "South of France meets Northern Italy" look, and there will be a trophy room too.

Williams, who turns 33 in 2-1/2 weeks, won her 18th piece of Grand Slam singles hardware Sunday, matching Chris Evert and Martina Navratilova.

The Open-era record is 22 titles, by Steffi Graf.

"If anybody can do it, it's her," Navratilova said Sunday after she and Evert presented Williams with an 18-karat gold bracelet. "It gets tougher after 30, but Serena is relatively young in tennis matches."

THE ASSOCIATED PRESS

Eskimos

Watkins issues apology for homophobic slur

Edmonton Eskimos' cornerback Pat Watkins apologized for a homophobic slur he directed at Calgary Stampeders' quarterback Bo Levi Mitchell in Saturday's game.

"I apologize to Calgary quarterback Bo Levi Mitchell, the Canadian Football League, the Edmonton Eskimos, fans and all who were offended by the insensitive remark I made on field following his touchdown," Watkins said Monday in a statement issued by the Eskimos.

Mitchell threw for 216 yards and two touchdowns and also scored a rushing touchdown in Calgary's 41-34 win over Edmonton.

THE CANADIAN PRESS

Lions

Lulay diagnosed with shoulder dislocation

The B.C. Lions say quarterback Travis Lulay suffered a dislocated right shoulder against the Ottawa Redblacks on Friday night.

The star QB was making his first start of 2014 following off-season surgery to the same shoulder.

THE CANADIAN PRESS

Roughriders

Durant out with elbow injury

Saskatchewan Roughriders' quarterback Darian Durant will miss this week's game against the Hamilton Tiger-Cats due to an injured right elbow.

Durant suffered the injury in Sunday's 30-24 win when he was hit by defensive end Bryant Turner of the Winnipeg Blue Bombers.

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MLB

Jays' Stroman three-hits Cubs

Jose Bautista hit a three-run homer and Marcus Stroman threw a three-hit shutout as the Toronto Blue Jays defeated the Chicago Cubs 8-0 on Monday night at Rogers Centre.

Bautista's blast was his 32nd homer of the season and 200th as a Blue Jay.

Stroman (10-5) threw 66 of his 93 pitches for strikes in the first complete-game victory of his career.

THE CANADIAN PRESS

New senior VP

Quintal to lead NHL department of player safety

Former NHL defenceman Stephane Quintal is the NHL's new senior vice-president of player safety.

He's been acting on an interim basis since Brendan Shanahan left the job in April to become president of the Toronto Maple Leafs.

THE CANADIAN PRESS

Ravens sack Ray Rice over video of him striking his then-fiancée

New footage. NFL suspends running back indefinitely, CFL to honour suspension

In this May file photo, Ray Rice, right, speaks alongside his wife, Janay, during a news conference at the Ravens' practice facility in Owings Mills, Md. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino.

Earlier Monday, the Ravens said they never saw the new video. Hours later, they sent out a one-sentence release:

"The Baltimore Ravens terminated the contract of RB Ray Rice this afternoon."

The action represented a complete reversal for the team, even though an Atlantic City police summons stated that Rice caused "bodily injury to Janay Palmer, specifically by striking her with his hand, rendering her unconscious."

NFL Commissioner Roger Goodell announced that, based on the new evidence, Rice has been suspended indefinitely.

Mark Cohon, commissioner of the Canadian Football League, said in a statement that the league will honour the NFL's suspension. A source also said the CFL sent an email to its teams saying Rice couldn't be added to any negotiation list and wouldn't be allowed to sign with a club as a free agent.

THE ASSOCIATED PRESS

Strong reactions

"That man should be thrown out the nfl and thrown into jail.... This video makes me sick to my stomach."

Broncos defensive tackle Terrance Knighton, on Twitter

"(It's) deeply disturbing, especially as a father that has two daughters. There's just no place for that behaviour in our society."

Cleveland Browns coach Mike Pettine

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus
April 21 - May 21
If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini
May 22 - June 21
Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer
June 22 - July 23
The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo
July 24 - Aug. 23
Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo
Aug. 24 - Sept. 23
You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra
Sept. 24 - Oct. 23
Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio
Oct. 24 - Nov. 22
You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

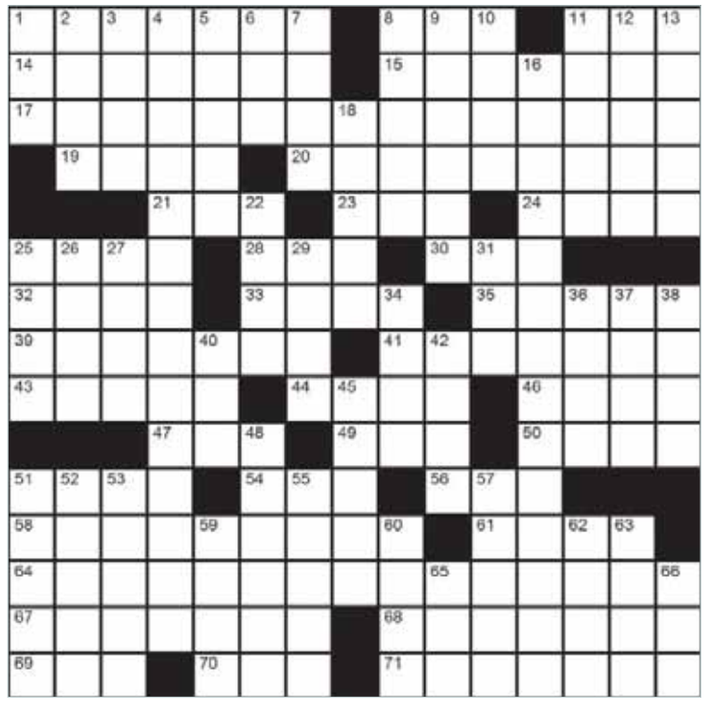
♐ Sagittarius
Nov. 23 - Dec. 21
Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn
Dec. 22 - Jan. 20
You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces
Feb. 20 - March 20
A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan



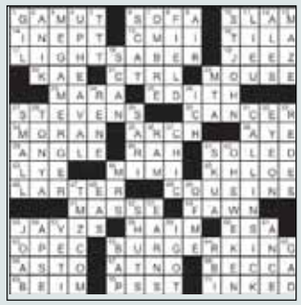
Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-sharers
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. __ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... __ _ woodchuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The __" (Early-1900s medical drama, on HBO Canada)
39. Canada __ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoose!"
46. Man _' __ (Legendary racehorse)
47. Wood sorrel
49. Gone†by
50. California wine valley
51. Wee moo-er
54. "Am _ __ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.
67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

Down

1. Certain crown corp.
2. "__ Flux" (2005)
3. __-_'-shanter
4. "Whereas Canada is founded upon principles that recognize the __ __ __ and the rule of law." - Canadian Charter of Rights and Freedoms
5. Subatomic particles
6. Burdened beast
7. The Kingston __-Standard (Kingston, ON newspaper)
8. __ __ Base's "The Sign"
9. Where BBRY is traded
10. Zap
11. "Night __ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy __ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph __, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: _ _-__
52. "__ you the clever one!"
53. Filmmaker George
55. "Finding Vivian __" (2013)
57. Doesn't __ __ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. __ _ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword



Online

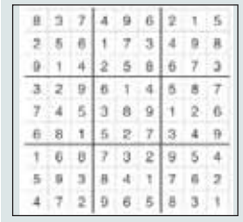
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8								5
	5	6				4	9	
			2	5	8			
		9	6	1	4	5		
7	4						2	6
		1	5	2	7	3		
			7	3	2			
	9	3				7	6	
4								1

Yesterday's Sudoku



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